Show of support

Protesters take to Hamilton Street to back two Nigerian students facing deportation PAGE 2

EXCLUSIVE

HE'S THE ROCK STAR OF THE BUSINESS WORLD, BUT YOU MAY BE SURPRISED BY THE GLOBAL REACH OF VIRGIN FOUNDER SIR RICHARD BRANSON. TODAY, METRO BRINGS YOU:

- POLITICS AND HIS WORK WITH YOUNG AND OLD WHO ARE CHANGING THE WORLD PAGE 6
- BUSINESS AND A NEW KIND OF ENTREPRENEUR PAGE 7
- CULTURE AND THE SEVEN THINGS THAT FUEL HIS PASSION PAGES 10-11
- STYLE AND HIS TRADEMARK CASUAL-CHIC LOOK PAGE 14
- DRUG LEGALIZATION. BRANSON IS IN FAVOUR, BUT WOULD IT WORK? FIND OUT AT METRONEWS.CA

REGIONA metro®

Thursday, October 4, 2012

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Gloves are off: Obama, Romney spar over economy in first debate

Republican presidential candidate and former Massachusetts governor Mitt Romney and U.S. President Barack Obama wave to the audience at the University of Denver on Wednesday night during the first debate of the 2012 U.S. election campaign. The evening focused on a number of domestic issues. To read more about the debate, go to metronews.ca. CHIP SOMODEVILLA/GETTY IMAGES

U.S. election. Evening also focused on other domestic issues such as health care and the role of government

U.S. President Barack Obama and Republican challenger Mitt Romney clashed over taxes, deficits and how to revive the U.S. economy as they shared the stage for the first time Wednesday in Denver in a high-stakes debate with the power to reshape the race for the White House.

Obama said Romney wanted to return to the policies that hurt the U.S. economy. Romney said Obama's policies had failed and America needs a change.

"Going forward with the status quo is not going to cut it for the American people who are struggling today," Romney said.

The showdown was critical for Romney, a former Massachusetts governor. With five weeks to go before the election, polls show Obama leading in the most important states in what is a state-by-state vote that decides the presidency. Still, the race remains tight and the three debates this month give Romney an opportunity to shift the momentum, taking on Obama before a television audience of tens of millions.

Wednesday's debate might be the most important of the three, with its focus on domestic issues. The weak economy, with unemployment at 8.1 per cent, has dominated the race.

Romney was particularly aggressive, like a man looking to shake up the campaign with a little less than five weeks to run. He said that under Obama's policies "middle-income families are being crushed."

Obama has argued that he prevented a meltdown after inheriting an economy in free fall from the Republican administration of George W. Bush. Obama accused Romney of wanting to "double down on the top-down policies" that led to the economic crash four years ago.

After Romney said he would repeal and replace regulations passed after the 2008 financial crisis, Obama responded: "Does anyone think there is too much oversight and regulation of Wall Street?" If so, "Gov. Romney is your candidate."

The next two presidential debates are Oct. 16 in New York and Oct. 22 in Florida.

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NEWS 1

University students facing deportation get support

In limbo. Nigerian students violated terms of student visa, currently seeking sanctuary in church

JEFF MACKEY
jeff.mackey@metronews.ca

Approximately 30 chanting protesters on Hamilton Street held placards and rallied against the deportation of two Nigerian students Wednesday.

Ihuoma Amadi and Victoria Ordu are two University of Regina students who have sought sanctuary at a Regina church to avoid deportation since June. The women were in Canada for school but were unable to continue their studies when they were told they violated the terms of their visa by taking a job at a Wal-Mart.

The Canadian Border Services Agency is seeking to deport the students for what Michelle Stewart, a social justice professor at the University of Regina, calls a "relatively minor infraction of their student visas."

"A normal response to that type of infraction would be a $325 fine, not deportation," said Stewart. "One of the reasons people are out here (protesting), whether they are folks from campus or folks from the city, is because this is a precedent setting response," said Stewart.

The two students seem to have the support of their classmates.

"We just want to support Victoria and Ihuoma in their fight to avoid deportation," Jessa Pillipow, a protester and international development major at the U of R.

CBSA's take

CBSA response in accordance with the law:

- "Everyone ordered to be removed from Canada is entitled to due process and everyone has access to various levels of appeal," said Lisa White, spokesperson for the CBSA. "Once due process has been completed those under the removal order are expected to respect our laws and leave Canada or we will enforce the removal order."

Protesters rally on Hamilton Street during lunch hour to voice their support for two Nigerian University of Regina students who are facing deportation because they took a job at Wal-Mart. JEFF MACKEY/METRO

City on track to purchase CP Rail yard parcel

City of Regina's executive committee recommended purchasing 17.5 acres of CP Rail yard land between the downtown core and warehouse districts for $7.5 million. ROB BROWN/METRO

Mayor Pat Fiacco says it's a great showpiece for the city — and he's not talking stadium.

The City of Regina's executive committee unanimously recommended spending $7.5 million on 17.5 acres of Canadian Pacific Rail land Wednesday.

"This is a huge win," Fiacco said. "Other cities wish they could get a deal with their rail lands."

Regina's executive committee agreed to buy the land between Broad and Albert streets along Dewdney Avenue with the hopes the area will reconnect the downtown and warehouse districts. The matter is expected to be approved next week by city council.

Regina Chamber of Commerce CEO John Hopkins said the estimated private sector investment in the redevelopment would be in the neighbourhood of half a billion dollars.

Coun. Wade Murray said in the end, the rectangular-shaped parcel was not suitable for a stadium development, as earlier proposed.

"It's bowling alley-shaped and not viable for a stadium," he said. "(It) will dramatically change the area of Ward 6 and is the right thing to do for the community and all of Regina."

The city committee also recommended up to $2.1 million be transferred from general reserves to support initial site prep for future development. City Deputy Manager and CFO Brent Sjoberg said they have time before real development would happen.

"Canadian Pacific is not relocating until July 2014 — we have some time," he said. "We'll start to put together (a) plan with downtown and warehouse area stakeholders over the next year."

ROB BROWN/METRO

Non-fiction

Sask.-born writer nominated for prestigious literary award

A Saskatchewan-born writer has been nominated for the Governor General's Award in non-fiction.

Ross King was born in Estevan and raised in North Portal, Sask.

He attended the University of Regina.

King has been nominated for his book Leonardo and the Last Supper, which tells the story behind the creation of one of the most iconic paints in art history.

King currently lives in England with his family.

THE CANADIAN PRESS

Author Ross King
CONTRIBUTED

Stadium

Open house over proposed plans

Thursday marks the public's first chance to see the proposed stadium plans in person. From 11 a.m. to 7 p.m. at Cornwall Centre, city staff and concept design team members will be on hand with plans for the new stadium. METRO

Classic play

Cat on a Hot Tin Roof on until Oct. 6

The classic Tennessee Williams' play Cat on a Hot Tin Roof is on this week at the Regina Performing Arts Centre. Cat on a Hot Tin Roof tells the story of the 65th birthday of Mississippi plantation owner Big Daddy Pollitt. METRO

Mobile news

Qriket

Sesame Street grows up with its latest take on HBO's Boardwalk Empire and True Blood. Scan the code to watch the episode.

U of S nuclear research centre renamed in honour of Fedoruk

Innovator. Province pays tribute to former lieutenant-governor's groundbreaking scientific research

JANE CAULFIELD
Metro in Saskatoon

The day after trailblazer Sylvia Fedoruk passed away, politicians, academics, athletes and people from across the province spoke about her legacy of innovation.

It's a legacy the Saskatchewan government is recognizing by renaming the Canadian Centre for Nuclear Innovation (CCNI) after Fedoruk.

"Few individuals can say that they touched the lives of millions of people, but that is the case with Dr. Fedoruk," Premier Brad Wall said in a press release.

"According to the Canadian Medical Hall of Fame, her groundbreaking research in cobalt radiation has helped more than 70 million people worldwide. It is only fitting that we honour her by renaming the facility after her legacy," Wall said.

Quoted

"Few individuals can say that they touched the lives of millions of people, but that is the case with Dr. Fedoruk."
Premier Brad Wall

In this 2011 photo, Sylvia Fedoruk joins, from left, Premier Brad Wall, then provincial minister of education Rob Norris and then U of S president Peter MacKinnon behind a betatron particle accelerator built at U of S in the 1960s for plasma research. The province announced Wednesday that the university's Canadian Centre for Nuclear Innovation would be renamed in honour of the former lieutenant-governor, who died Sept. 26 at the age of 85. CONTRIBUTED/UNIVERSITY OF SASKATCHEWAN

While Fedoruk, who died Sept. 26 at the age of 85, was the first woman to be chancellor at U of S and the first woman to be the lieutenant-governor of Saskatchewan, she was also the first woman member of the Atomic Energy Control Board of Canada.

"Her groundbreaking research has had global impact, helping to save the lives of millions of cancer patients around the world and laying the foundation for U of S leadership in nuclear research, training and innovation," said U of S president Ilene Busch-Vishniac.

The government will be hosting a state funeral, open to the public, on Friday at TCU Place in Saskatoon.

Follow Jane Caulfield on Twitter @janecaulfield

In the spirit of leadership

The announcement was made just a day after the CCNI moved into a brand new building.

- "We are very honoured that the province chose to include us in their recognition of Dr. Fedoruk," said Matthew Dalzell, communications officer with the newly renamed Sylvia Fedoruk Canadian Centre for Nuclear Innovation.
- Aiming at making Saskatchewan a leader in nuclear research, Dalzell said the centre hopes to recapture the spirit of leadership that Fedoruk represented throughout her lifetime.

Beef recall

Info from XL plant delayed: CFIA

The Canadian Food Inspection Agency says there was a delay getting information on tainted meat from an Alberta packing plant at the centre of an extensive beef recall.

Agency president George Da Pont says Canadian inspectors asked for information from XL Foods Inc. on Sept. 6 about "critical points" where E. coli might become a problem, but didn't get an immediate response.

That was two days after E. coli was found by U.S. inspectors in a shipment of beef heading south of the border. Da Pont said Canadian inspectors made a similar discovery within hours in another batch of beef. Both were traced to the XL plant in Brooks, Alta., and a food safety inspection began, he said.

THE CANADIAN PRESS

Research project

Shedding light on a language

A Saskatchewan university professor says she hopes to better understand the Dene Suline language through a new research project.

Olga Lovick of the First Nations University of Canada plans to record people speaking the language to one another. She wants to see how people act while they're speaking and how they switch between the language and English.

The language is spoken mostly in Saskatchewan, Alberta and the Northwest Territories.

THE CANADIAN PRESS/MBC

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It's wrong to divide Canada over resources: Trudeau

Liberal leadership race. Younger Trudeau uses stop in Alberta to distance himself from his father over national energy program

Justin Trudeau appeared to distance himself from his famous father as he made Alberta the first stop on his campaign to take over the federal Liberal party.

Trudeau chose Calgary, home to the country's energy company boardrooms, to say he would never use the wealth of the West to gain votes elsewhere. He said it is wrong to divide Canadians over natural resources.

It's a particularly sensitive issue in a province where resentment still burns over the introduction of the national energy program in the 1980s by Pierre Trudeau, who was prime minister at the time. That was seen as a grab of Alberta's natural resource wealth to keep prices artificially low for the rest of the country.

Quoted

"It is time to be more honest with ourselves. There is not a country in the world that would find 170 billion barrels of oil and leave it in the ground."

Justin Trudeau

"It is wrong to use our natural wealth to divide Canadians against one another," he said. "It was the wrong way to govern Canada in the past. It is wrong today. And it will be wrong in the future."

He didn't mention his father by name during his speech. But later he told reporters he is proud of him and the values for which he stood.

"But I am here to try and challenge a whole new set of realities and to try to bring a whole new generation of Canadians forward to the 21st century." He pointed out that he had "nothing to do with the national energy program. I was 10 years old."

THE CANADIAN PRESS

Federal Liberal leadership candidate Justin Trudeau speaks to an Edmonton Oilers fan at a seniors centre in Calgary on Wednesday.

JEFF MCINTOSH/THE CANADIAN PRESS

RCMP conduct. Proposed changes designed to restore public confidence

The public safety minister says "extremely disturbing" reports about RCMP conduct underscore the need for changes at the police force.

Vic Toews told a Commons committee it's essential that Canadians have full confidence in the RCMP.

The federal government wants to arm RCMP commissioner Bob Paulson with greater powers to discipline or even fire people who give the force a bad name.

Toews announced proposed changes in June intended to untie Paulson's hands as he looks into complaints.

Several female RCMP officers have come forward since Cpl. Catherine Galliford went public in November with allegations of harassment within the force in British Columbia.

Men have also complained of abusive behaviour and intimidation. THE CANADIAN PRESS

Public Safety Minister Vic Toews

THE CANADIAN PRESS

Child abuse

Pedophile freed with conditions

A British Columbia judge has ruled a man convicted in Thailand for sexually abusing children will be allowed to go free, but Christopher Neil must follow strict conditions to keep the public safe.

Provincial court Judge Patrick Chen ruled Neil will have to be watched for the next 18 months, to prove he's not a danger.

Neil pleaded guilty and spent five years in a Thai prison after an international manhunt was triggered when computer experts unscrambled images of him abusing children. THE CANADIAN PRESS

A funny thing happens when you tell kids they matter. They believe you.

An alarming 40,000 kids drop out of high school every year. Boys and Girls Clubs of Canada are committed to changing that. They provide a safe and supportive place where kids can develop confidence and life skills. They offer programs like *Rogers Raising the Grade*™ to help kids with their studies. The Club is a place where kids can drop in, so they're less likely to drop out.

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Serbia bans Gay Pride parade, again

Police cite potential for violence. Decision follows request by Orthodox Church leaders, who call it a 'parade of shame'

Serbia's police on Wednesday banned a Gay Pride march in Belgrade, citing security concerns, but also complying with a request from Serbia's Christian Orthodox church.

Police said they were banning the march planned for Saturday because they feared a repeat of the violence in 2010, when right-wing groups attacked a Gay Pride event in Belgrade. That triggered daylong clashes with the police that left more than 100 people injured.

Last year's march also was banned by authorities.

The current ban was announced after Patriarch Irinej, the head of Serbia's Christian Orthodox church, urged the government to prevent Saturday's march. In a statement, he said such a "parade of shame" would cast a "moral shadow" on Serbia — a conservative Balkan country whose gay population has faced threats and harassment.

Allowing a Gay Pride march this year had been regarded by some as a test of Serbia's pledge to respect human rights as it seeks European Union membership. That was clear in the reaction of European Parliament official Jelko Kacin, who called the ban a "political decision that questions the rule of law in Serbia."

Secretary-General Thorbjoern Jagland of the Council of Europe, the continent's main human-rights body, said he was "surprised and disappointed" that the pride event has been banned again.

THE ASSOCIATED PRESS

In this photo from 2010, riot police gather to protect a Gay Pride parade as it moves along a street in Belgrade, Serbia. DARKO VOJINOVIC/THE ASSOCIATED PRESS FILE

Wikileaks bail jump

Assange allies want their cash

Supporters of Julian Assange are waiting to find out if they will lose the 140,000 pounds ($225,000 US) they put up in bail money because the WikiLeaks founder has sought asylum in Ecuador's embassy in London.

Assange, 41, has been holed up in the embassy since June 19 as part of his bid to avoid extradition to Sweden, where he faces questioning over sex-crimes allegations.

By seeking refuge in a foreign embassy, Assange breached his British bail conditions.

THE ASSOCIATED PRESS

Bosnian conflict

War crimes suspects freed

Bosnia's war crimes court has acquitted two former Bosnian Serb policemen accused of participating in the 1995 Srebrenica massacre.

The court said Wednesday that prosecutors failed to prove Dragan Neskovic and Zoran Ilic committed crimes against humanity by rounding up Muslim men for execution and then firing into the piles of bodies to make sure there were no survivors.

Judges concluded that witness statements were contradictory and the credibility of some of them was doubtful.

THE ASSOCIATED PRESS

Yes they could

This photo from 2008 shows the remains of a woman in a grave in Geitzendorf, Austria. The Museum of Ancient History Lower Austria says the remains are that of a woman metal worker from more than 3,000 years ago — the first indication women did such work back then. THE ASSOCIATED PRESS

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Together they are stronger: Elders Archbishop Desmond Tutu and Mary Robinson, former president of Ireland, lend their support to Youngers. CONTRIBUTED/JEFF MOORE/THE ELDERS

Where spirit meets action

Double vision. A super team of young activists and senior public figures are aiming at nothing less than saving the world

ELISABETH BRAW
Metro World News in London

It's like Space Cowboys in the real world, with aging heroes returning to save the Earth.

Meet the Elders, a group of senior public figures whose stated purpose is to work, with "an independent voice, not bound by the interests of any nation, government or institution," for peace and human rights.

That mission can be controversial, as the Elders insist on listening to all sides in a conflict and speaking "difficult truths." Indeed, while Nelson Mandela's wife, Graca Machel, promotes an end to child marriage, former U.S. president Jimmy Carter and Mary Robinson, former president of Ireland, have visited North Korea to broker a peace deal with South Korea.

And when Mandela inspired Virgin Mobile founder Sir Richard Branson to help him launch a network of distinguished politicians, the legendary South African was almost 90. Branson named the new group the Elders. And now they're adding a youth division: The Youngers.

"The major barrier young people have is a lack of belief in youth held by those in power. They feel they have the monopoly of knowledge," says Esther Agbarakwe, a 28-year-old Younger from Nigeria. "There are emerging global civil-society networks working on sustainability that create greater pressure from the bottom up," adds Marvin Nala, 23, a Chinese Younger.

More than mentoring, what young leaders need most is support and a listening ear, says Katy Cronin, chief operating officer of the Elders. "Elders give The Youngers recognition. They're very talented young people, but they often feel that people don't listen. The Elders listen to them and give them confidence."

The Elders now include Archbishop Desmond Tutu and former world leaders such as Carter and Brazil's Fernando Cardoso. Tutu serves as the group's chairman, while Mandela has retired.

"My fellow Elders and I often travel to places of deep unrest and suffering, but we always find wonderfully bright, inspiring young people who fill us with hope," Tutu says. "Five years ago, when he founded the Elders, Nelson Mandela told us to reach out to the youth and that is precisely why — young people everywhere need to be assured of their incredible power. In turn, they can give us oldies some of their energy!"

The Elders have helped negotiate between the Koreas, in the Middle East, Cote d'Ivoire, Sri Lanka and Sudan. Elder statesman Lakhdar Brahimi of Algeria has just been appointed UN peace envoy to Syria.

"The Elders demonstrated their faith in young people and told the world that youth matters," Agbarakwe says.

Young at heart

"Young people everywhere need to be assured of their incredible power. In turn, they can give us oldies some of their energy!"

Archbishop Desmond Tutu, chairman of the Elders

Esther Agbarakwe CONTRIBUTED

Case study. 'We need to lift people out of poverty'

Esther Agbarakwe of Nigeria, also known as "Esther Climate," has travelled all over Africa leading environmental initiatives, and has served as the continent's co-coordinator for the UN Commission on Sustainable Development.

As a Younger, she has drawn inspiration from Elders Mary Robinson and Archbishop Desmond Tutu. "I was really honoured to be involved and have the influence to make changes," she says. Agbarakwe feels development has been held back by the "extreme politics and corruption" of African leaders.

"My greatest ambition is to support development that leads to environmentally sustainable growth in Nigeria, lifting people out of poverty and empowering them to hold government accountable."

KIERON MONKS/METRO WORLD NEWS

Martin Nala CONTRIBUTED

Case study. 'Youth have enormous power'

A volunteer litter-picker at the age of 10, Younger Martin Nala has devoted himself to grassroots activism on issues ranging from HIV to sustainability. He led a youth team to the Rio+20 summit.

"The result of Rio+20 is, for sure, depressing regarding nations' co-operation and international regime-building. But on the other side, I saw more energy from grassroots," he says.

Nala is determined to bring sustainability to his homeland of China and believes young leaders will make a difference.

"Youth brought up in cities may not be aware of how serious the problems are at this very moment," he says, pointing to the issue of air quality as an example. "If they see it, they have enormous power to change it."

KIERON MONKS/METRO WORLD NEWS

Entrepreneurs in Branson's image

Screw fashion as usual. The new label Maiyet

Fashion. Saving lives. The two can be polar opposites, but upscale label Maiyet hopes you fall in love with their designs first, then continue to purchase them because of their mission to help local artisans sustain their own businesses.

"What we don't do is produce pity products," co-founder Paul van Zyl explains to Metro. "We design products that people will wear regardless of the cause."

Maiyet scouts rare and unique artisanal items from around the world — like handwoven cloth from Varanasi, India and hand-carved bone from Kenya. Then they use part of their profits to fund training programs to educate craftsmen on how to make better quality products, and how to use their business to provide a stable source of income for their communities.

They also front the money to produce the goods so artisans don't have to be stuck in high-interest loans. All of that is on top of making sure that people get paid fair wages.

Van Zyl's background doesn't exactly scream Carrie Bradshaw: He is the former executive secretary of South Africa's post-apartheid Truth and Reconciliation Commission and he never really worked in the fashion industry.

What drew him to the project was the idea that people don't have to choose between doing well in business and doing good for the world. Van Zyl says the economic crisis has made people realize that there must be a better way to run their companies.

"We want these companies to be small and sustainable and to make beautiful products," he explained. METRO WORLD NEWS

Maiyet's clothing prioritizes fair and sustainable production. CONTRIBUTED

Screw school as usual. The Khan Academy

With 186 million views — more than Justin Bieber — the latest viral YouTube smash features ... school lessons about math, computer science and the Greek debt crisis? Yup, thanks to Salman Khan.

In 2004, Khan was a hedge fund manager tutoring his long-distance cousins with web videos. "They told me they preferred me on YouTube than in person," is Khan's catchphrase, a self-deprecating remark that's the key to his charm. The idea snowballed.

Eight years later, Khan Academy offers a combination of tutorial videos and an online classroom for the community to talk through their questions. The courses, which range from algebra to art history, are offered 24-hours a day to anyone.

METRO WORLD NEWS

Screw soccer as usual. The Homeless World Cup

It started with a chat between colleagues Mel Young and Harald Schmied in a Cape Town bar, discussing ways to bring attention to homelessness.

"Soccer is the 'universal language' that brings people together, wherever they are," says Young. "It is cheap and easy to organize and great fun for everyone — of all ages and abilities. It is also a team game, and is good for health and fitness. Soccer can have a huge impact on people but all sports have the power to change people's lives."

Today, their Homeless World Cup helps a variety of people including the homeless, people who are struggling with drug and alcohol addiction and those with HIV/AIDS. All participate in the annual Homeless World Cup tournament, which will take place in Mexico City Oct. 6 through 14 this year. METRO WORLD NEWS

Market Minute

DOLLAR 101.20¢ (-0.40¢)

TSX 12,359.47 (-31.76)

OIL $88.14 US (-$3.75)

GOLD $1,779.80 US (+$4.20)

Natural gas: $3.395 (-13.6¢)
Dow Jones: 13,494.61 (+12.25)

Canadians border-hopping for cheap flights

A new report finds that a soaring number of jet-setting Canadians are border-hopping to catch cheaper flights.

The Conference Board of Canada report, issued Wednesday, said that about five million Canadians now cross the U.S. border by land every year to fly out of American airports.

Higher airfares, fees and taxes in Canada, as well as differences in wages, aircraft prices and industry productivity makes it 30 per cent cheaper to fly out of the U.S.

The Conference Board says fees and taxes make up about 40 per cent of the cost of an airplane ticket in Canada.

The report suggests that while other factors are beyond government control, small reductions in the airfare differential could lead to traffic gains for Canadian airports and carriers.

It estimates that changes to Canadian policies alone could bring more than two million passengers a year back to Canadian airports.

Federal Finance Minister Jim Flaherty told reporters Wednesday that Ottawa is "concerned" about the issue and that federal Transport Minister Denis Lebell "has been working on a consultation project with the airlines, with the airport authorities in Canada to try to see what we can accomplish."

"The fact that Canada's largest airports are losing traffic to cross-border competitors matters because it undermines their role as national and international hubs," said David Stewart-Patterson, the Board's vice-president of public policy. The analysis focused on Vancouver, Toronto, and Montreal airports, along with their cross-border competitors.

THE CANADIAN PRESS

Lost revenue

The report acknowledges that reducing airport fees and taxes would reduce revenues for Ottawa in the short term, but much of the loss could be recaptured by a spike in revenues generated by an increase in traffic in Canada.

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FANCY RESTAURANTS? STICK A FORK IN ME, I'M DONE

HE SAYS...
John Mazerolle
metronews.ca

So I was at a fancy restaurant recently, which, given my lack of kitchen skills, is a bit like Patrick Stewart at a hair salon or Gandhi going out to play paintball.

A lot of culi-narys like me eat at restaurants, but rarely has the contrast been this extreme.

On the one hand, you had me: The worst cook in the world, topping out in creativity with my pièce de résistance bacon and eggs (now with toast!)

On the other, you had the restaurant: Geranium, an establishment in Copenhagen overseen by the best chef in the world.

Geranium is a Michelin-starred restaurant, so that guy made of tires likes it, and the "best chef" label comes thanks to the Bocuse d'Or, a world cooking contest revered by chefs because it's the only one ever created that doesn't involve Gordon Ramsay.

I felt so out of place that I was nervous when I arrived. Understand that my childhood eating experiences were centred around meals like soggy fish sticks and Grade "Needs Remedial Help" beef.

KD Kid

"I needn't have worried. The first good sign was that there was no dress code. Given my hiking boots and jeans I assumed they'd say, 'Good evening sir, the loading doors are out back. We fill the dumpster at about 11:15.'"

I eat at lots of restaurants now, it's true, but I still felt like there was potential for embarrassment at such a classy joint. Maybe I'd do the wrong thing and everybody would freeze.

"Gasp! He's using the dessert fork for the appetizer!"

"My. God. Toss him?"

"No. But let's change the meal to a bowl of Kraft Dinner and a pat on the head."

I needn't have worried. The first good sign was that there was no dress code. Given my hiking boots and jeans I assumed they'd say, "Good evening sir, the loading doors are out back. We fill the dumpster at about 11:15."

Instead, they led me to my table and were very patient with me as they explained each of the 15 courses.

Server: Did you enjoy your emmer and spelt, sir?

Me: Maybe?

Server: You're doing fine, sir.

Me: I think I ate my napkin.

Server: Very good.

If I had eaten my napkin, you can bet they would have come running with a new one. That was a perk I learned quickly: Finish a drink, they refill it. Done with a fork, here comes a new fork. I was alone, but if I had a date with me I might have knocked her from her chair just to see if they'd immediately plunk down a new one.

So the service was fantastic, and the food was great, too.

I came away inspired and planned to change my personal cooking habits. From now on, whenever I eat a strip of bacon I will immediately replace it with another strip of bacon and so on in that fashion. The Bocuse d'Or is mine.

In order to climb the ranks in the restaurant biz — refill, refill, refill.
JOHN MAZEROLLE/METRO

Bite-size meal for a beast

CAMERON SPENCER/GETTY IMAGES

Sydney, Australia

Croc wakes up to a beefy breakfast

Rex, one of the world's largest crocodiles, feasts on beef ribs after waking up from his lengthy slumber.

It's the first meal after three months of hibernation for the five-metre, 700-kilogram saltwater crocodile, who resides at Wild Life Sydney Zoo. Keepers Wednesday lowered the food from a safe distance to avoid being part of the meal themselves. **METRO**

Crocodile digestion

They need plenty of sun in order to eat

Body temperature is the key reason why crocs feast between long intervals.

"As crocodiles are cold-blooded creatures, they need sunlight to give them the energy they need for metabolism, in order to digest their prey items," crocodile specialist Shaun Foggett told Metro.

Saltwater crocodiles are one of the few predators that consider humans to be a prey item. **METRO**

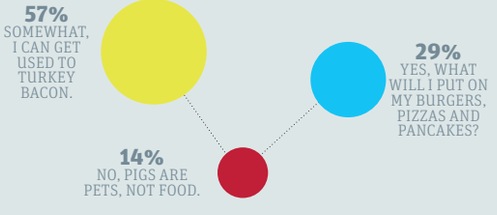
Saltwater crocs

- **Size.** Largest living crocodilian — specimens at 1,000 kilograms (2,200 pounds) are not uncommon.
- **Speed.** Can swim at 40 km/h and can travel 32 km/h land. "Their speed is the most astonishing thing about them," Foggett said.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Do you fear a looming bacon shortage?


57%
SOMEWHAT, I CAN GET USED TO TURKEY BACON.
29%
YES, WHAT WILL I PUT ON MY BURGERS, PIZZAS AND PANCAKES?
14%
NO, PIGS ARE PETS, NOT FOOD.

Twitter

@TheBearLife09: Enjoyed my FaceTime call from @JerricaRebel, Johnny, Dennis, & Kim! Boom! Missing them back in Sask. #imsoft haha.

@gcocregina: @sasktrucking - Great connecting on Twitter - Sask Trucking Assoc - have a safe week!

@KarliMc: Coffee with my favourite guy. #yxe #sask #coffee #family

@EtotheMAN: moving to Melville sask. for work. gonna miss everyone

@Ash_Alaura: Best breakfast in #YQR ... Nicky's Cafe. Come get you some and say hi to Perry and Kimmy - Tell em Ash and Ky sent ya

@Los_Fanboy: @DarrenSproat in my opinion, #YQR needs more/better bike lanes. Riding a bike down Arcola can be a harrowing experience.

metro
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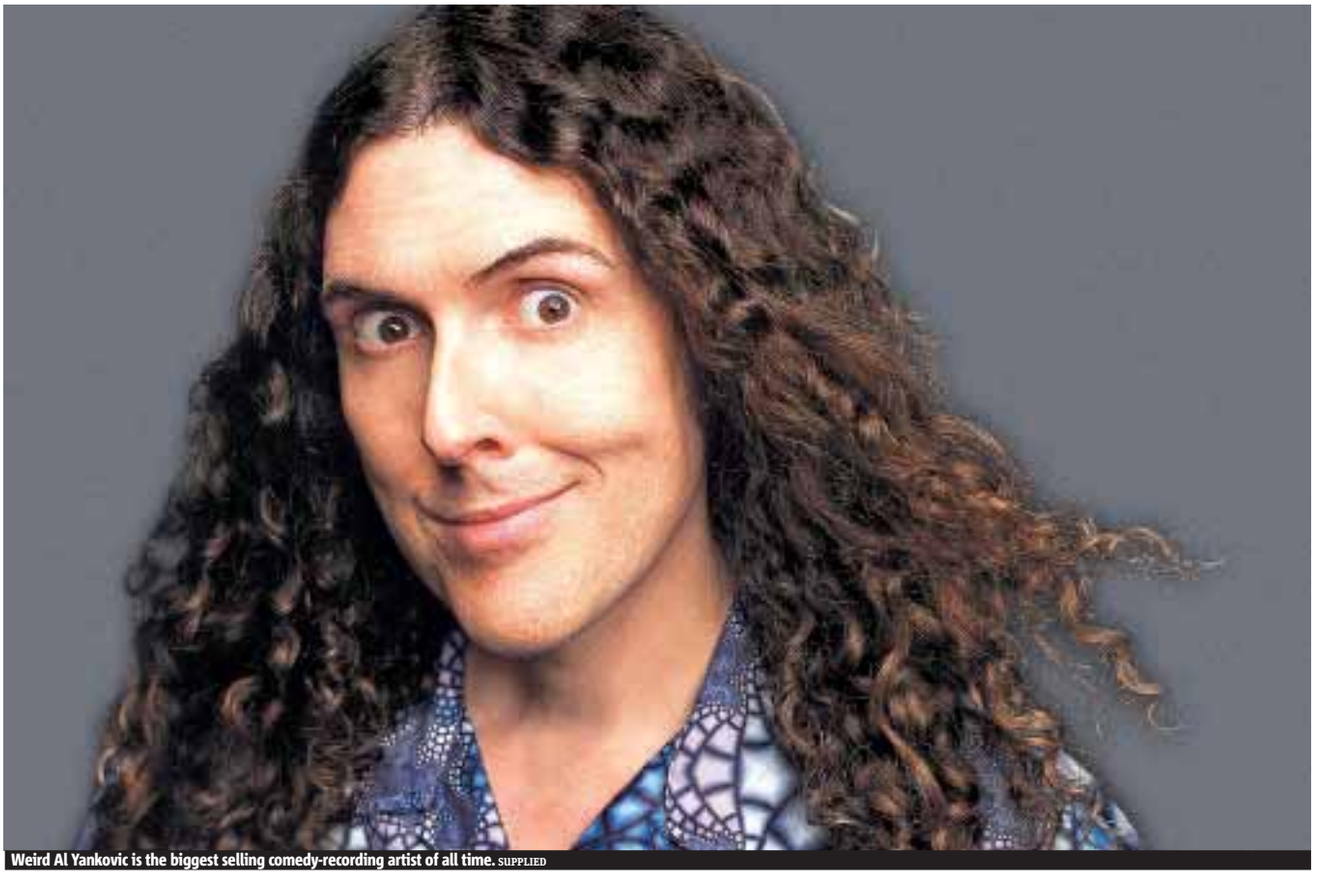

Weird Al Yankovic is the biggest selling comedy-recording artist of all time. SUPPLIED

Get ready for the Alpocalypse

Weird Al Yankovic. The creator of timeless classics such as Like a Surgeon, Amish Paradise and White and Nerdy is back with a new album

BACKSTAGE PASS
Rob Brown
rob.brown@metronews.ca

After three Grammy Awards, selling more than 12 million albums and becoming the biggest selling artist of all time, what's left for Weird Al Yankovic? Release another album and hit the road — naturally.

In the midst of touring his latest studio album, Alpocalypse, he says the Weird Al live experience is a rock and comedy extravaganza.

"It's high energy," said Yankovic, who plays Casino Regina on Oct. 10, during a telephone conversation. "We've got costume changes, a lot of video assist and production."

Yankovic's live band has been together since the early '80s. They're tight.

"We've been together for so long, we are communicating telepathically now," said Yankovic.

In the fourth decade of his career, Yankovic has found a way to keep his comedy fresh and in turn have a career longer than many of his parodied counterparts.

"That's the trick and the challenge — to do something original," said Yankovic. "You have the choice of repeating the trope and comedy or trying to be new each time out.

"I got to the point where the label put out a compilation album of my food songs. You have to be careful not to fall into the same traps."

Yankovic's studio albums are almost always a balance of parodies, original comedy songs and polka. When it comes to original tunes, Yankovic, ever the songwriter, tends to start with lyrics.

"I still try to write in pastiches of other artists. It's fun for me to do, to put myself in the style of that artist but then think a bit more demented," said Yankovic.

For the month of October, Yankovic will be on the road. After that, he will continue initial work on his next studio album.

"We're just into the first steps of the next album. We're mixing the first few tracks. No titles for it yet though, said Yankovic. "I'm trying to cover as many styles as possible on it."

Details

Weird Al plays Casino Regina Oct. 10. For more information on the tour, visit weirdal.com.

On the web

Qriket

Sweden to open museum showcasing career of '70s pop group ABBA

NEED A RIDE?
Read metrodrive every Wednesday.

BEING BRANSON

THE MANY FACES OF THE VIRGIN MAGNATE

"Like a virgin, touched for the very first time." OK, it's a Madonna hit — but Sir Richard Branson comes to mind whenever you hear the word 'virgin.' Today, Branson's group, which runs some 400-plus companies in areas from mobile telephones and travel to music and health services, has more than 50,000 employees and annual revenues of around $21 billion US.
An iconoclast and adventurer, he is also deeply involved in non-business activities. Meet the other Bransons.

ELISABETH BRAW
elisabeth.braw@metro.lu

ILLUSTRATIONS: MIA KORAB/METRO WORLD NEWS

Disarmament: Let's get rid of that old junk and save money

Twenty years ago, the United States and Russia had thousands of nuclear weapons each.

The arsenal was called MAD, Mutually Assured Destruction, because they could easily annihilate the world many times over.

Today, the world's nuclear powers — the U.S., Russia, Britain, France, China and unofficial nuclear countries like India and Pakistan — still have hundreds of nuclear warheads.

That's enough to destroy the world many times over, and these weapons cost more than $1 billion US per decade.

As a result, Sir Richard Branson and some 300 world leaders have formed Global Zero, a global organization that advocates eliminating all the world's nuclear weapons.

He says

"Getting rid of nuclear weapons would save a lot of money and would solve many of the world's current deficit problems."

Sir Richard Branson

"From a deterrent point of view, a country only needs 300 nuclear weapons," Branson told Metro earlier this year.

"Getting rid of nuclear weapons would save a lot of money and would solve many of the world's current deficit problems."

That's because maintaining the current nuclear stockpile is hugely expensive: The total cost to official and unofficial nuclear weapons states is expected to surpass $1 trillion US in the next decade, according to a study released by Global Zero.

Global Zero now also has some 400,000 members worldwide.

The Elders: working for peace

They're old — and cool.

When Nelson Mandela retired as President of South Africa, he wanted to use his stature to help solve conflicts around the world. He turned to Branson, who agreed to co-found and fund The Elders.

And The Elders are just that: older statesmen whose reputation allow them to crisscross the world and help solve disputes.

Mandela has since been joined by, among others, his old friend Archbishop Desmond Tutu, Graca Machel (Mandela's wife, who has a long political career in her native Mozambique) and former U.S. president Jimmy Carter.

The Elders fill a unique need in international politics as there's no institution or organization to which parties in conflict can turn.

The United Nations appoints envoys, but their missions are official and subject to pressures from UN member states. The Elders go in a private capacity.

And after missions to the Koreas, Middle East, Cyprus and Sri Lanka, The Elders have gained the top players' attention: Lakhdar Brahimi, one of The Elders, has just been appointed UN envoy to Syria.

Space exploration: The sky is no longer the limit

The state of New Mexico hosts a novel installation: a spaceport. Starting next year, space tourists willing to pay $200,000 US will be able to blast off from Spaceport America on a Virgin Galactic spacecraft. They'll spend two and a half hours in space and five minutes in weightlessness.

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His quote

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Legalizing drugs: Follow Portugal's example

Take a look at Mexico: between January and September last year, nearly 13,000 Mexicans were killed in drug-related violence. Since the country's government launched its war on drugs six years ago, nearly 48,000 people have been killed.

More than 50,000 troops and policemen are involved in the war against drugs — and that's just in Mexico.

Each year, some $13 billion US worth of drugs are smuggled from South America to the United States.

Combating drugs, argues Branson and others, is a waste of time and money.

Online

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Earlier this year, he testified to the British Parliament about the benefits of decriminalizing drug use, noting that countries like Portugal, which have decriminalized drug use, have seen a drop in both the number of drug addicts and the amount of drug-related crime.

In fact, Branson joins a growing chorus of voices in favour of softer drug legislation. Together with global leaders like Peruvian writer Mario Vargas Llosa and Ernesto Zedillo, former president of Mexico, he has formed the Global Commission on Drug Policy, which supports softer drug legislation.

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Cesar Millan helps a Metro writer with a canine conundrum

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How do you help a dog make a major transition?
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How can I stop her from chewing?
It's a physical reaction to the new life because the level of stress. It's the same thing as why people numb themselves more often in the city than on a farm, because on a farm you're tired from physical work and the relaxation. (April starts chewing as we're talking, Cesar gives her a swift touch). You just give her a touch to stop the chewing. A lot of people will grab the nose and the mouth and say "no don't lick yourself, stop it." That doesn't work because you're giving the dog tension when he's already tense. So first, I stop the behaviour, then let her go into a calm state.

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You need rollerblades. You need to match her speed.

Um, I'm not you, I've seen you on TV with rollerblades and dogs. I can't do that.
(Laughs) I control the speed and direction. We know dogs don't want to walk, they want to run. Most people bring them from the house to the dog park and that's not healthy. What I'm saying is that "I'm going to take you out of the house and you and me, we're going to run." And the dog thinks "you were with me the whole time, telling me what not to do, what not to chase." You need to be in control. Sometimes I have 15 dogs when I'm rollerblading.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Kate Middleton. ALL PHOTOS GETTY IMAGES

Royal family fears more Middleton pictures to come

The British royal family's latest headache is apparently far from over, despite their victory in court against a French magazine that published topless photos of Kate Middleton.

There are apparently more photos — and possibly even a video — from their French vacation, and the latest also reportedly feature Prince William himself.

"Newspaper pictures editor tell me there are as many as 270 pictures being hawked around, which feature both the Duchess and Prince William naked," says the Telegraph's Willard Foxton. "Only 24 have appeared thus far. The Palace's nightmare is that the pictures are stills from a video."

Quote

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Willard Foxton
On photos of the Royals floating around

Amanda Bynes

Amanda Bynes and Lohan feud brewing?

While Amanda Bynes should be focused on her legal woes and driving difficulties, she apparently only has one thing on her mind: fellow Hollywood troublemaker Lindsay Lohan.

"She obsessively hates Lindsay," a source tells Us Weekly. "She rambles about Lindsay all the time."

But while Lohan previously tweeting her disbelief at how much Bynes gets away with, a rep for the Mean Girls star insists "there is no feud" between the two.

The Word

Arnold's new memoir full of some choice quotes

THE WORD
Dorothy Robinson
scene@metronews.ca

Arnold Schwarzenegger's new memoir, Total Recall: My Unbelievably True Life Story, is 640 pages of straight-up boasting by the former bodybuilder-turned-movie-star-turned-governor.

Oh, his ego. It truly is unbelievable. Metro compiled the best, non-humblebrags from the book.

When he first started dating Maria:
"The outside world looked at our relationship in a simpleminded way, as a juicy success story. 'Isn't it amazing that he wins Mr. Olympia and all these bodybuilding championships and then he gets this big movie contract and then gets a Kennedy as his girlfriend?'"

When he first met his future mother-in-law, Eunice Kennedy:
"The first words I blurted out were, 'Your daughter has a great ass.' I always loved to say outrageous things to people."

On their rehearsal dinner:
"The toasts on Maria's side were about her and how great she is and how I'd benefit from being her husband. From my side it was the opposite. What a great guy and perfect human being I am, and how she'd benefit from that."

On justifying cheating on Maria before they were hitched:
"The fling with Brigitte Nielsen underlined what I already knew, I wanted Maria to be my wife."

His take on acting:
"Compared to being an action hero, it was a lot easier to be a comic star."

Amazing Arnold quotes taken out of context:
"Doing battle with a giant mechanical snake left me sore for a week."

"Jewish people have played such keys roles in my life."

"There was something comical about seeing two black people accusing each other of being black. We laughed about it later."

Rihanna

Rihanna continues reconciliation with Chris Brown

It looks like Rihanna just can't keep away from Chris Brown — even if he is supposedly dating model Karrueche Tran.

The infamous exes were spotted at NYC nightclub The Griffin this week "hugging and kissing," a source tells Celebuzz.

"And they went to the back of the club alone together."

And Brown was spotted early the next morning sneaking out of the hotel where Rihanna is staying.

Quote

"They went to the back of the club alone together."

Source
Talking about Rihanna and Chris Brown

The public displays of affection did not go over so well with Tran, apparently. "She felt the kiss was a public slap in the face," a source tells Us Weekly.

Twitter

@ladygaga
I feel like I'm staring at my album on the floor in hundreds of trimmings, to be sewn into a couture gown. In beautiful pieces, she is.

@JohnCleese
Just sitting down to start my autobiography. Problem is... remembering any of it ...

@PaulaAbdul
Awwww! I missed you too! xoxoP

@ConanOBrien
Starting a 3-day juice cleanse by dunking my cheeseburger in juice.

'Tis the season for seduction, fun and body armour

Getting out the glitz, glam and faux-fur at Paris Fashion Week

PHOTOS AND TEXT BY ASSOCIATED PRESS

Miu Miu Meow!

Miu Miu's spring-summer 2013 show in Paris had a wintery vibe. Despite the slightly off-kilter season, it was a slick display, with lashings of faux-fur on coats and stoles with dyed patterning at the brand often seen as Miuccia Prada's baby sister offshoot. It picked up nicely on this season's fascination with prints as contrasting explosions on loose skirt suits — sometimes resembling the negative of a photograph. As ever, it remained demure, but back features graced a few reversed tops.

Vuitton goes retro-chic

What do you get if you mix up the world's most famous checks and Paris' most famous stripes?

The answer: Louis Vuitton, whose 1960s style spring-summer fashion show, in typically spectacular style, twinned the iconic checked Damier pattern with a set designed by artist Daniel Buren. Understatement is not a word in designer Marc Jacobs' vocabulary. So a collaboration with minimalist artist Buren — who made the famed striped columns in Paris' Palais Royal — might have raised eyebrows.

In fashion terms it was strong, with most of the 64 retro looks delivered in Mary-Quant-style.

Chanel perks up!

Fun was the healthy mantra that infiltrated Tuesday's Chanel show — a bright and diverse collection brimming with great new ideas. Silver bauble appliqués became buttons, A-line skirts were playfully short, colourful checks contrasted funkily with geometric flashes and feather fringing billowed exuberantly. One model in a crossing "C" swimsuit even carried a three-foot handbag. A bold new fashion idea was the reworked bolero jacket with curved shoulders, often spruced up with inflated arms.

Sarah Burton spars McQueen style

Fashion is body amour. At least it is for Sarah Burton, who tapped her fantastical imagination for Alexander McQueen to conjure up fashion week's most original show: mixing insect-like armoury with on-trend stiff bar jackets of the New Look, as well as 19th century crinoline.

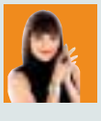
If it sounds strange, it was — set to a backdrop of images of bees and honeycomb — with each model wearing a visor reminiscent at once of the 1950s wide hat, a cage and a beekeepers mask.

Valentino between the lines

"Suggestion is seduction," was the theme of Valentino's accomplished spring-summer 2013 show in Paris, which saw the storied Italian fashion house move subtly more sensual. Italian design duo Maria Grazia Chiuri and Pier Paolo Piccioli kept their strict, high collars and didn't bare too much flesh but eased their conservative designs, in razor-thin slits and cutouts.

Twitter

Jeanne Beker soaks up Paris Fashion Week



JEANNE SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND, AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

@Jeanne_Beker: Les bijoux de Lydia Courteille...a Rue St. Honore. Paris inspires desire!

@Jeanne_Beker: Tour de force collection @louisvuitton And not one monogram. Just checks, grids, + flower shapes.

@Jeanne_Beker: The lovely Leigh Lezark @ themisshapes in Chanel's modern baroque cruise look a la Marie Antoinette.

On the web

Qriket

Christina Applegate's breast cancer charity teams with ASICS for pink athletic gear

No neckties allowed

Sir Richard Branson is famous for taking scissors to neckties.
So in honour of his laid-back boardroom look, we've recreated his style at three different price points.
P.S. Flowing, golden locks not included.

RICHARD PECKETT
richard.peckett@metro.lu

BILLIONAIRE'S BUDGET

Paul Smith
Unstructured blazer
$1,390 US, mrporter.com

Z Zegna
White shirt
$255 US,
harrods.com

Nudie
Average Joe dry organic straight jeans
$200 US,
shop.nudiejeans.com

Browns
Leather belt, $142,
brownsfashion.com

Church's
Paris derby shoes, $465,
church-footwear.com

FEELING FLUSH

Banana Republic
Tailored black cord blazer
$198 US, bananarepublic.com

APC
Poplin white shirt
$225 US, apc.fr

Edwin
ED-55 Red Selvedge unwashed
$195 US,
edwin-europe.com

Reiss Vincent
Luxe formal suit belt
$85 US, reiss.com

Grenson
G-One Cannon derby shoes
$458 US,
matchesfashion.com

THE FRUGAL FASHIONISTA

Uniqlo
Velvet blazer
$170 US, uniqlo.com

Zara
Men's white poplin shirt
$50 US, zara.com

H&M
Straight regular jeans
$20 US, hm.com

Topman
Slim leather belt
$24 US, topman.com

ASOS
Derby shoes
$60 US, asos.com

Here's a bright idea: Lights!

Design options.
Update your space with some new lighting

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

I've always said that the simplest way to change the look of a room is with a new paint colour and some new lighting.

A new light fixture not only adds an attractive accessory to a room but can instantly update a bedside, over a dining table or a hallway.

Add a new light fixture to update your space and then install some dimming switches; you'll be amazed at how different your place will look and feel.

Pendants
Caged styles can be used above kitchen islands, dining tables or in the centre of rooms (with high ceilings). Graphic and modern teardrop cage styles are all the rage and help add a chic industrial look.

Flush mounts
Sleek and more interesting are those cheap 1970-styled canopied fixtures. Classic X-patterns with gold or brass metal finishes are very popular right now.

Table
Look for traditional shapes with trend-setting colours. The neutral gourd style table lamp has been around for a long time and remains a staple in decorating.

Floor
Either very traditional or very modern; discrete yet trendy metal finishes keep the floor reading lamp in style.

The small banker style lights are great for scattering around reading chairs and the end of sofa areas. Interesting, useful and slightly retro in style; the 1960's floor lamps shine a bright light when used to fill a dark corner or highlight artwork.

Charles bronze chandelier, $493
Unfussy lines keep the classic chandelier simple yet stylish.
crateandbarrel.com

Mary McDonald Directoire, $695
Architectural style up high; great in hallways and bedrooms.

Koleman floor lamp, $345
Discrete and stylish reading light that keeps tabletops clear.

Satori pendant, $595
Caged style lighting adds an airy and sculptural quality above the table.

Small Triple Gourd, $300
The classic designer shape in updated grey and bronze finishes.

Bristol floor lamp, $795
Shed a bit of light on your favourite art; a great way to brighten a dark corner.

All photos from robertabbey.com

Vinegar

Eco-friendly cleaning

Is cleaning my home with vinegar enough to kill germs?
-Natalia of Vancouver

QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

Yes. Acetic acid or white vinegar is a great disinfectant. It also acts as a deodorizer and cuts grease.

And you can tackle household bacteria like salmonella, E. coli and other "gram-negative" bacteria with vinegar.

Gram-negative bacteria can cause infections including pneumonia, bloodstream infections, wound or surgical site infections, and meningitis.

In fact, Heinz has unveiled a stronger version of its white distilled vinegar. Instead of five per cent acetic acid, it has six, which boosts the strength by 20 per cent.

They're calling this new formula … wait for it … "cleaning" vinegar!

How does it work?

According to Canada's National Collaborating Centre for Environmental Health, the acid in vinegar crosses the cell membrane of bacteria and prompts a release of protons, which causes the cell to die.

The new Heinz vinegar will smell stronger, but the odour disappears quickly.

Try finding stronger concentrations of vinegar at eco-friendly stores that carry a variety of green cleaning products and have refill stations.

For example, in Vancouver, The Soap Dispensary sells 12 per cent vinegar. Use it for tough cleaning jobs at full strength — like that dog drool coating your car windows — or dilute it with water as needed.

Five ways to clean with vinegar:

1. Fill the rinse-agent dispenser of your dishwasher with plain white vinegar.

2. Combat pit stains on white T-shirts: Soak clothing in about 60 millilitres of white vinegar and enough water to cover the stain. Leave overnight and then wash with eco-friendly laundry soap.

3. Clean rusty tools: Soak in a pail of white vinegar and brush to clean.

4. Deodorize the toilet: Pour 125 millilitres of white vinegar into the bowl. Let sit 15 minutes and then flush.

5. Remove hard-water deposits on the tub and glass shower doors: Heat 250 millilitres of white vinegar in a pot. Then, spray warm vinegar onto surface, let sit 15 minutes and wipe clean.

Strong vinegar for a strong clean around your home. ISTOCK IMAGES

OFFICE MANAGER

Reporting to the Office & Sales Administration Manager, Western Canada, the right candidate will carry out a range of administrative and operational tasks related to the daily operations of the business in the Metro Regina operation. As well as provide operational and executive support to the Sales/General Manager, Metro Regina and any additional administrative support as directed.

PRIMARY RESPONSIBILITIES:

- Responsible for all administrative projects as assigned
- Responsible for the general daily office operations
- Assist in maintenance and control of the office budget
- General reception duties and Customer service requests
- Oversee couriers and mail; both incoming and outgoing
- Supervise the implementation of new office systems from various shared service departments
- Review and update health and safety policies; coordinate with JHSC
- Responsible for maintaining accurate staff lists and directories
- Answering telephones, call screening and forwarding
- Deal with complex queries and complaints, by email, phone and in person
- Advertising Sales Bookings using a computer
- Direct Sales Support
- Completion of numerous reports daily, weekly, and monthly, pertaining to the sales team

REQUIREMENTS OF THE POSITION:

- 2-3 years of demonstrated success in a similar role
- Great organizational and time management skills
- Outstanding communication skills
- Intermediate knowledge of Microsoft Office - Word, Excel & Outlook
- Attention to details and thoroughness in the execution of tasks
- Must be a team player with a great, and we mean great, sense of humor

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than October 10, 2012. PLEASE QUOTE: "Office Manager - Regina" in the subject line. All submissions will be treated as confidential.

metro

Who better to celebrate soup season with than The Soup Sisters?

Caren McSherry is one of the Soup Sisters in the Soup Sisters Cookbook. As owner of the Gourmet Warehouse, a store that offers high quality gourmet foods and supplies in Vancouver, and a cookbook author, she knows all about making delicacies.

In the book, McSherry shares her recipe for her Tuscan Bean soup.

Ingredients

- 2 cups (500 ml) cooked white navy beans (drained and rinsed if canned)
- 1 onion, diced
- 1 carrot, peeled and diced
- 2 stalks celery, diced
- 1 leek, white and pale green parts only, washed and sliced
- 1/3 cup (80 ml) olive oil
- 6 large Roma tomatoes, diced
- 3 cloves garlic, minced or finely chopped
- 2 sprigs fresh thyme, leaves only
- 8 cups (2 l) chicken or vegetable stock
- Salt and pepper to taste
- Sun-dried tomato crostini (see below)
- Freshly grated Parmesan cheese for garnish

1. Purée half the beans until smooth, adding a little water if necessary. Place the puréed beans in a bowl with the remaining whole beans and set aside.

2. In a large pot over medium heat, sauté the onion, carrot, celery and leek in the oil, until the onion is softened.

3. Stir in all the beans and the tomatoes, garlic and thyme.

4. Add the stock. Bring to a boil over high heat, then reduce the heat to medium-low.

5. Simmer, uncovered, until the vegetables are tender, about 30 minutes. While the pot simmers, prepare the crostini (see below).

6. Season the soup with salt and pepper to taste.

7. Ladle up in a wide shallow bowl, and garnish with grated Parmesan and playful floating crostini.

Sun-Dried Tomato Crostini

1. Thinly slice half a baguette and bake the slices in a single layer on a baking sheet in a 350 F (180 C) oven until dry and crispy, about 30 minutes.

2. In a small bowl combine 1/2 cup (125 ml) finely diced sun-dried tomatoes and half a bunch of parsley, finely minced. Spoon the mixture sparingly onto the baguette slices.

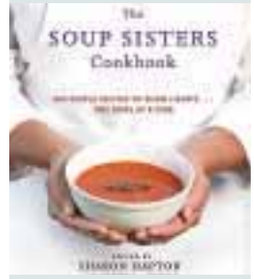
ALL RECIPES ON THIS PAGE ARE EXCERPTED FROM THE SOUP SISTERS COOKBOOK, EDITED BY SHARON HAPTON WITH PIERRE A. LAMIELLE. COPYRIGHT © SHARON HAPTON, 2012. EXCERPTED BY PERMISSION OF APPETITE BY RANDOM HOUSE, A DIVISION OF RANDOM HOUSE OF CANADA. ALL RIGHTS RESERVED. NO PART OF THIS EXCERPT MAY BE REPRODUCED OR REPRINTED WITHOUT PERMISSION IN WRITING FROM THE PUBLISHER.

Tuscan Bean Soup

This recipe serves six. JULIE VAN ROSENDAAL

Cookbook of the Week

Heart-warming soup



The Soups Sisters Cookbook is more than a cook featuring delicious recipes from chefs such as Anna Olson and Michael Bonacini.

It is also a part of non-profit organization Soup Sisters. The brainchild of Calgary's Sharon Hapton, Soup Sisters provides comfort to women, youth and children through the making, sharing and donating of soup.

The cookbook is a celebration of the best recipes from the project, which sees participants pay a $50 registration fee to participate in a soup-making event at a local professional kitchen under the guidance of a chef facilitator. The soup is then delivered to a local shelter. METRO

European-style comfort food

This Borscht serves about six. JULIE VAN ROSENDAAL

"My husband's grandmother Eva immigrated to Canada from Eastern Europe," writes Karen Anderson, owner and tour guide of Calgary Food Tours Inc., in The Soup Sisters Cookbook. "She was never sure if she was Polish or Ukrainian — their town was on the border, and the lines between countries changed so many times they lost track — but she made perogies and cabbage rolls with the deftest of Ukrainian precision!

"I inherited this borscht recipe from Eva — it's what my in-laws call great peasant food. The pork ribs give it substance and the deep maroon color makes finding the green beans a nice surprise. Add sour cream and a sprinkle of fresh dill, and it will satisfy your family on a crisp fall day."

Ingredients

- 1 lb (500 g) pork side ribs
- 2 to 3 beets, trimmed
- 2 cups (500 ml) peeled and diced carrots
- 1 onion, diced
- 1 cup (250 ml) each chopped green beans and cabbage
- 1 cup (250 ml) tomato juice
- 2 tsp (10 ml) apple cider vinegar
- Salt and pepper to taste
- 1 cup (250 ml) sour cream
- 2 tbsp (30 ml) finely chopped parsley or fresh dill

1. Put ribs in pot and add enough water to cover. Bring to boil over high heat; skim off gray scum that floats up.

2. Reduce the heat to low. Simmer, uncovered, until the ribs are tender, about 1 hour.

3. While ribs cook, put beets in a saucepan and add enough water to cover them. Bring to a boil over high heat. Reduce heat to medium and simmer until tender, about 45 minutes.

4. Drain beets. Set aside until they are cool enough to handle. Peel and chop beets, set aside.

5. Remove ribs from pot, reserving cooking water in pot. Using fork or knife, pull meat from bones and chop into bite-size chunks. Return pork to pot.

6. Add the carrots, onion, green beans, cabbage, tomato juice and vinegar. Bring to a boil over high heat, then reduce the heat to medium-low.

7. Simmer, uncovered, until all the vegetables are tender, 30 minutes. Add the boiled beets and salt and pepper to taste.

8. Ladle the soup into bowls, and swirl in a few spoonfuls of sour cream.

Michael Bonacini's Mixed Mushroom. Earthy and delicious blend

Michael Bonacini is the chef and partner of Oliver and Bonacini restaurants in Toronto. In Soup Sisters, he shares his recipe for Mixed Mushroom soup.

1. In pot over medium heat, sauté onion and garlic in the oil, until the onion is softened.

2. Add mushrooms and thyme. Sauté until mushrooms brown.

3. Add 4 cups (1 L) water. Bring to a boil over high heat, then reduce the heat to medium-low.

4. Simmer, uncovered, until the mushrooms are tender, about 15 minutes.

5. Purée soup until smooth. Add cream. Reheat over medium heat; add salt, pepper.

6. Ladle up a piping potage of mushroomy goodness.

Ingredients

4 portions

- 1/4 cup (60 ml) diced onion
- 2 cloves garlic, minced
- 2 tbsp (30 ml) vegetable oil
- 2 1/2 cups (625 ml) sliced assorted fresh mushrooms
- 1 tbsp (15 ml) finely chopped fresh thyme
- 1/2 cup (125 ml) whipping cream (35 per cent MF)
- Salt and pepper to taste

A NEW AGE OF WHISKY

JOHN K. HALL BRINGING BACK CREATIVITY, PASSION

John K. Hall

CONTRIBUTED

Canadian whisky is big news. Connoisseurs right around the world are singing its praises again, and Canada's whisky makers are doing something really smart to keep it that way. They are creating a whole new range of ultra-flavourful drams.

Leading the way is wine maker turned whisky maker, John K. Hall with his Forty Creek whiskies – whiskies that have won the world's most coveted awards. When Hall was asked what makes Forty Creek whiskies stand out from the crowd, he said: "Canadian whisky is a Canadian icon, just like maple syrup and hockey. I really want to bring back creativity and passion to our country's spirit. Whisky can be just as complex, perhaps more complex than wine. Bringing out the subtle aromas and taste characteristics is what makes whisky great."

As a first generation whisky maker, Hall says that while he respects tradition, he is not bound by it. For example, unlike some distillers, he distills and ages each grain separately. "This approach allows me to highlight the flavour of each grain — nuttiness from the barley, fruitiness and spiciness from the rye and weight and body from the corn."

Hall's creativity doesn't stop there. He loves to experiment with different barrels for aging — sherry casks for Barrel Select, once-used bourbon barrels for Double Barrel Reserve, and even Canadian oak barrels for his Confederation Oak. "I have worked with many types of oak barrels and every wood creates a distinctive taste expression."

Innovative and distinct whiskies such as these, along with Hall's new Copper Pot Reserve, fill a growing demand for decidedly flavourful whiskies. So put yesteryear behind you and join a new generation of whisky connoisseurs from around the world.

Why? Because they are discovering the treasure trove of rich new whiskies distilled for us right here in Canada.

– Davin de Kergommeaux

Davin de Kergommeaux

CONTRIBUTED

CONNOISSEUR'S APPRECIATION

Canadian Whisky: The Portable Expert takes readers on a journey through the first systematic presentation of Canadian whisky: How it's made, who makes it, why it tastes the way it does, its history, and the rich, centuries-old folklore surrounding it. For the first time, whisky consumers can approach Canadian whisky with a connoisseur's appreciation.

WINNING THE WORLD OVER

Rated #1

Gold Medal
Beverage Testing Institute, Chicago, 2010, 2011, 2012

Gold Medal
International Whisky Competition, 2010

Distiller of the Year
Whisky Magazine, Icons of Whisky Canada, 2008

Pioneer of the Year Award
Malt Advocate Magazine, 2007

Double Gold Medal
San Francisco World Spirits Competition

Gold Medal
World Selection, Brussels, Belgium

FortyCreekWhisky.com

SPORTS 4

NHL keeping concerned sponsors in the loop

No end in sight.
League, union meet for fourth time in five days but again talk secondary issues and not core economics

With no end in sight to the NHL lockout, the league is doing all it can to ease the concerns of its sponsors.

A small group of key clients gathered Wednesday afternoon in Toronto for an audience with chief operating officer John Collins, who provided an update on labour negotiations and took questions from participants.

A source indicated that representatives from Molson, Canadian Tire, Sport Chek, Kraft, Sirius XM and Scotiabank participated in the meeting. One attendee called the session "productive" and applauded Collins for taking part.

"They were very transparent with us," said the source, who requested anonymity. "I was looking around the room and the long-term, cumulative contract dollars around the table were probably at the $100-million mark. It's a significant chunk of change for the league."

League officials have held a series of conference calls with business partners in recent months in an effort to keep everyone informed.

With the NHL on hold, sponsors have been forced to abandon plans to activate against the league and some have started channelling money into other projects. Typically, campaigns and product launches take months to pull together — posing a problem for league partners given the uncertainty brought on by the lockout.

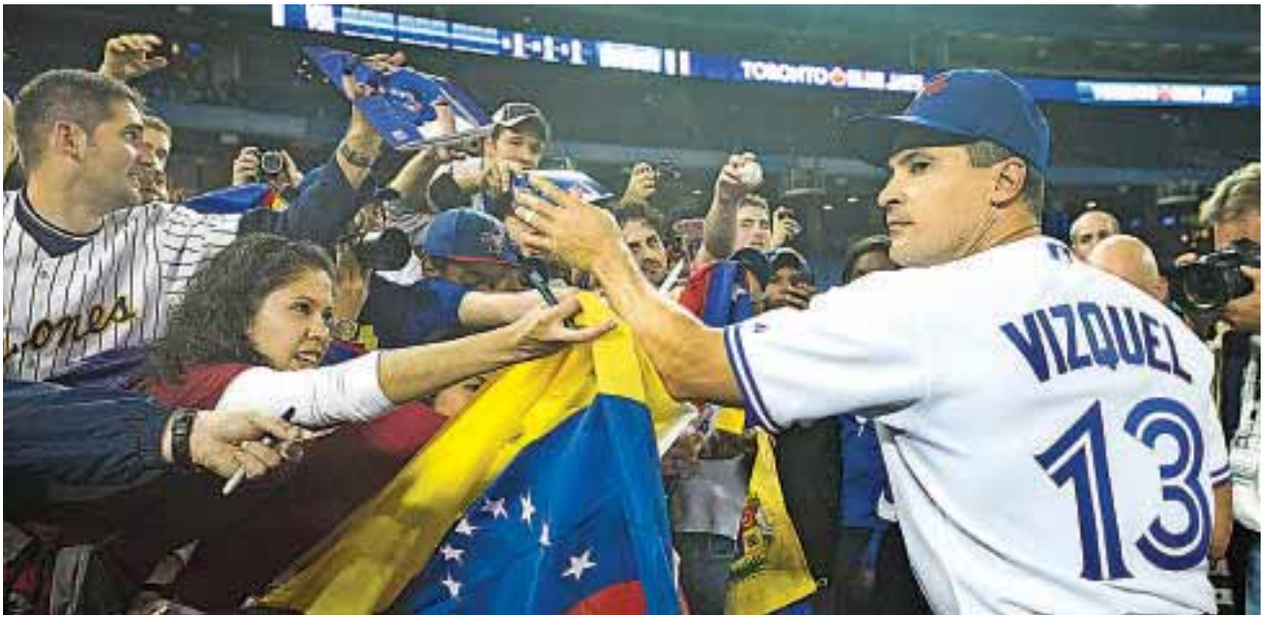
"We don't know when the end line is," said the source.

THE ASSOCIATED PRESS

Sponsorships and growth

Sponsorships played a significant role in the immense growth the league enjoyed after the 2004-05 lockout.

- Twenty-two new partners signed on with the NHL over that period as it geared its calendar around signature events, such as the Winter Classic.



Vizquel bids farewell to fans as Jays close out season

Toronto Blue Jays shortstop Omar Vizquel signs autographs for fans before playing against the Minnesota Twins Wednesday in Toronto. Vizquel plans to retire after the season and last night's game was the season finale for the Jays. Toronto finished fourth in the American League East with a 73-89 record. NATHAN DENETTE/THE CANADIAN PRESS

Mobile sports

Cricket

Tim Tebow came to Broadway in March as a backup, already a bona-fide star. Now with the Jets 2-2, scores of disappointed New Yorkers wonder why "Tebow Time" shouldn't start on Monday against the undefeated Houston Texans. He may be wondering the same thing.

MLB. Athletics stun Rangers to claim West

The Oakland Athletics captured the AL West with another improbable rally in a season full of them, coming back from four runs down and a 13-game division deficit to stun the two-time defending league champion Texas Rangers 12-5 on Wednesday.

The Washington Nationals got sized for hats with post-season patches, then beat Philadelphia 5-1 to earn home-field advantage all the way through November, if necessary.

The playoffs begin Friday when the defending World Series champion St. Louis Cardinals visit Chipper Jones and the Atlanta Braves in the winner-take-all NL wild-card matchup. On Saturday night, Cincinnati will be in San Francisco in Game 1 of the division series.

Josh Reddick of the Oakland Athletics celebrates Wednesday in Oakland, Calif. GETTY IMAGES

THE ASSOCIATED PRESS

CFL

Isaac fined for hit on Bombers QB

The CFL fined Toronto Argonauts linebacker Brandon Isaac an unspecified amount Wednesday for his controversial hit on Winnipeg Blue Bombers quarterback Buck Pierce last weekend.

Winnipeg offensive linemen Steve Morley and Justin Sorensen as well as defensive back Jovon Johnson were also fined by the league for their actions as a result of the hit on Pierce.

Isaac was fined for using his helmet to hit Pierce in the chin in the first quarter of the contest.

THE CANADIAN PRESS

MLB. Cabrera applauded at end of fantastic season

Miguel Cabrera received a standing ovation after flying out and striking out in his only two at-bats Wednesday night, and leaving the Tigers game against the Kansas City Royals in the fourth inning with the Triple Crown in sight.

Cabrera high-fived his teammates as he entered the Detroit dugout, then walked back to the top step and waved his helmet as a crowd of mostly Royals fans gave him a standing ovation.

Cabrera finished the regular season with a .330 average, 44 homers and 139 RBIs, essentially wrapping up baseball's first Triple Crown since Boston's Carl Yastrzemski in 1967. THE ASSOCIATED PRESS

Rare feat

- There have only been 14 players to achieve baseball's version of the Triple Crown, an honour roll that includes iconic players such as Mickey Mantle, Ted Williams and Lou Gehrig.
- Visit metronews.ca/sports for last night's results.

Horoscopes

♈ Aries
March 21 - April 20
Try not to make up your mind too quickly about someone today. It does not matter if your initial impressions are good or bad. Either way, they are going to be an important and positive force in your life.

♉ Taurus
April 21 - May 21
Keep emotions out of what you have to do today. If you allow your feelings to get in the way of common sense, you could make a serious mistake — the kind that costs you money you cannot afford to lose.

♊ Gemini
May 22 - June 21
The message of the stars for you today is quite straightforward: Don't take your luck for granted. Both in your personal life and in your career you will need to work hard to get ahead — and harder still to stay there.

♋ Cancer
June 22 - July 23
You are reading too much into a situation that most times you would simply ignore. You may find it hard to convince yourself that you are overreacting but you really do need to keep things in perspective.

♌ Leo
July 24 - Aug. 23
Today's cosmic alignment warns if you let slip personal information of any kind, it could backfire on you later in the month. Keep what you know to yourself, especially when it is potentially embarrassing.

♍ Virgo
Aug. 24 - Sept. 23
Don't worry if your confidence is at a low ebb because that will change very soon. What also needs to change is the way you approach your work. Are you taking too much for granted? Give it some thought.

♎ Libra
Sept. 24 - Oct. 23
You may be tempted to make a decision concerning your future today but with Jupiter now entering one of its retrograde phases, it might be best to put it off to a later date.

♏ Scorpio
Oct. 24 - Nov. 22
Money and investment issues may be causing you a bit of concern but there is probably not much you can do about them at the moment. Trust that everything will turn out right in the end. It usually does.

♐ Sagittarius
Nov. 23 - Dec. 21
Partnerships and relationships have been under good stars of late and that trend is set to continue but that does not mean you no longer have to work at them. What can you do today to improve your affairs?

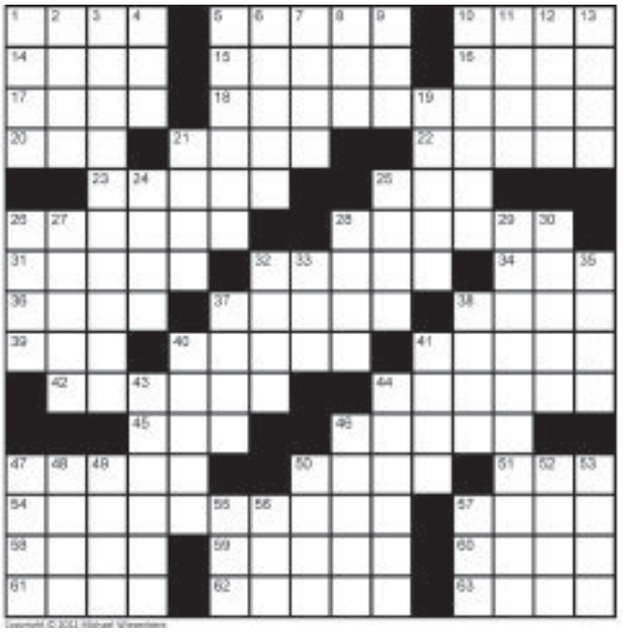
♑ Capricorn
Dec. 22 - Jan. 20
Attitude is everything. If you think you can succeed, you most likely will. If you think you may fail, you will subconsciously make it happen. Keep believing and keep trying — and you'll keep winning.

♒ Aquarius
Jan. 21 - Feb. 19
Your confidence may be high, and with good reason, but don't let it carry you away to some fabulous la-la land where everything happened as if by magic. Be positive but keep your feet on the ground, too.

♓ Pisces
Feb. 20 - March 20
Try not to dwell on thoughts that upset you. Focus on areas you can feel happy about and pretend the bad stuff does not exist. You are very sensitive to your environment, which is why you may need to move.
SALLY BROMPTON

Stuff and No Nonsense

BY MICHAEL WIESENBERG



Across
1. Jewelry repository
5. Dreams: Fr.
10. Air Force installation
14. Go ___ great length: ramble (2 wds.)
15. It's west of BC
16. Specialty (in education, say)
17. "All You Need Is ___": 1967 Beatles chart-topper
18. They form the Alberta-BC border (2 wds.)
20. Yoko ___ Lennon
21. Destitute
22. Rental contract
23. People with computers
25. Part of kph or mph
26. Diamond weights
28. Gracious and elegant
31. One at ___: singly (2 wds.)
32. Blacksmith, while tending to horse hooves
34. How-___: instruction manuals
36. Inevitable outcome
37. Eucalyptus lover
38. High: Fr.
39. Before: poetic
40. World's biggest airline, by passengers
41. Popular Toyota model
42. Vancouver ___: Victoria's location
44. Hairpiece
45. PC key usually next to the spacebar
46. Symbolic Canadian leaf
47. "___ Little Prayer": Dionne Warwick hit (3 wds.)
50. Like an owl, proverbially
51. BC Hydro structure
54. Canada's government
57. Mexican coin
58. Norway's capital
59. Cycling legend Armstrong
60. Bend in a sink's pipe
61. Broadway attraction
62. Puts money into a poker pot before cards are dealt
63. African cobras

Down
1. On one's own
2. Before much longer, poetically
3. Teachers' pets
4. Québec summer
5. Copter blades
6. Reverberations
7. Abruptly change course
8. Corn unit
9. ___-Cat: winter vehicle
10. ___ dozen: 13
11. Operatic solo
12. Observes
13. Comfortable state
19. Cloudless
21. Baseball's Rose or Townshend of The Who
24. Identical
25. "Not guilty," for one
26. Bistro
27. "Centipede" and "Asteroids" video game company
28. Pepsi or Coke
29. Calgary CFL team
30. "Tag, ___ it!"
32. Vended
33. Chapeau
35. Eye problem
37. Clark ___: Superman's alter ego
38. Drag along
40. Buddhism's __ Lama
41. Contend with difficulties
43. Played it cool or stayed out of sight (2 wds.)
44. Samples a bit of (food)
46. Chop well, as garlic
47. Wall St. offerings
48. Part of Miss Canada's attire
49. "Alice's Restaurant" chronicler Guthrie
50. Got going
52. Stat!
53. Spill cleaners
55. ___ mode: with ice cream (2 wds.)
56. Chess or checkers piece
57. School fund-raising grp

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

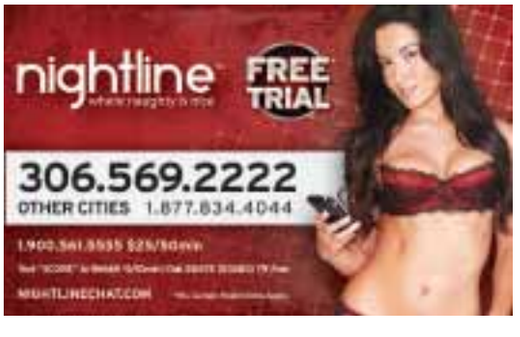
How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	4		6	1	8		3	
1								6
		8				1		
2	7		9		1		5	4
				7				
3	5		8		6		2	9
		9				3		
4								5
	1		3	9	7		4	

Yesterday's Sudoku

Sharability

easy hard



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P.K. SUBBAN
Montreal Canadiens Defenceman
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